

Dance Little Lady

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Ed Lawton (UK)
音乐: Dance 'Lil Lady - Tina Charles



SAILOR STEP, TRIPLE STEP, SWITCHES, ½ MONTEREY TURN

- 1&2 Step right behind left, step left to left, step right to right
- 3&4 Step left behind right, step right to right, step left over right
- 5&6& Touch right toe to right, step right next to left, touch left toe to left, step left next to right
- 7-8 Touch right toe to right, make a ½ turn right on left as you step right next to left

SIDE SHUFFLE, CROSS UNWIND, WIGGLE STEP TWICE

- 1&2 Side shuffle left on left, right, left
- 3-4 Step right over left, unwind a full turn left (weight end on right)
- 5&6 Step left diagonally forward to the left bumping hips left, right, left
- 7&8 Step right diagonally forward to the right bumping hips right, left, right

ROCK STEP, SHUFFLE, TOUCH ½ TURN, SHUFFLE

- 1-2 Step forward on left, rock back on right
- 3&4 Shuffle back on left, right, left
- 5-6 Touch right toe back, make a ½ turn right (weight end on right)
- 7&8 Shuffle forward on left, right, left

WIGGLE STEP TWICE, ½ PIVOT, SHUFFLE

- 2&3 Step right diagonally forward to the right bumping hips right, left, right
- 3&4 Step left diagonally forward to the left bumping hips left, right, left
- 5-6 Step forward on right, pivot a ½ turn left
- 7&8 Shuffle forward on right, left, right

KICK CROSS ROCK STEP TWICE, FORWARD, ½ PIVOT ½ TURN

- 1&2& Kick left forward, step left over right, step right to right, rock on to left
- 3&4& Kick right forward, step right over left, step left-to-left, rock on to right
- 5-6 Step forward on left, step forward on right
- 7-8 Pivot ½ turn left, step forward on right making a ½ turn left

COASTER STEP, SHUFFLE ½ TURN, COASTER STEP, STEP DRAG TOUCH

- 1&2 Step back on left, step right next to left, step forward on left
- 3&4 Shuffle forward on right, left, right, making a ½ turn left
- 5&6 Step back on left, step right next to left, step forward on left
- 7&8 Big step forward on right, drag left to right, touch left next to right

PADDLE TURN LEFT & RIGHT

- 1&2& Step left to left side toe turned out, step right side & slightly back (diagonal) with ball only, lift left foot and set back down in place turning toes out again continuing to turn, step right side & slightly back (diagonal) with ball of foot only
- 3&4 Repeat for counts 3&4 turning a total of 1 full turn over counts 1-4 ending with feet apart and weight on left foot
- 5&6& Shift weight onto right foot while starting to turn right, step left side & slightly back (diagonal) with ball of foot only continuing to turn right, lift right foot and set back down in place turning right toes out again continuing to turn right, step left side & slightly back (diagonal) with ball of foot only continuing to turn right
- 7&8 Repeat until you have made 1 revolution right

FORWARD SAILOR TWICE, VINE, HEEL JACK

- 1&2 Step left over right, step right-to-right, step left to left
- 3&4 Step right over left, step left to left, step right to right
- 5-6 Step left over right, step right to right
- 7&8 Step left behind right, step right-to-right, touch left heel diagonally forward

VINE, HEEL JACK TWICE, CROSS UNWIND

- &1-2 Step left next to right, step right over left, step left to left
- 3&4 Step right behind left, step left to left, touch right heel diagonally forward
- &5&6 Step right next to left, step left over right, step right to right, touch left heel diagonally forward
- &7-8 Step left next to right, step right over left, unwind a ½ turn left (weight end on left)

MAMBO CROSS X 3 SLIDE

- 1&2 Step right-to-right, rock on to left, step right over left
- 3&4 Step left to left, rock on to right, step left over right
- 5&6 Step right-to-right, rock on to left, step right over left
- 7-8 Take a large step to the left on left, slide right towards left

REPEAT
